

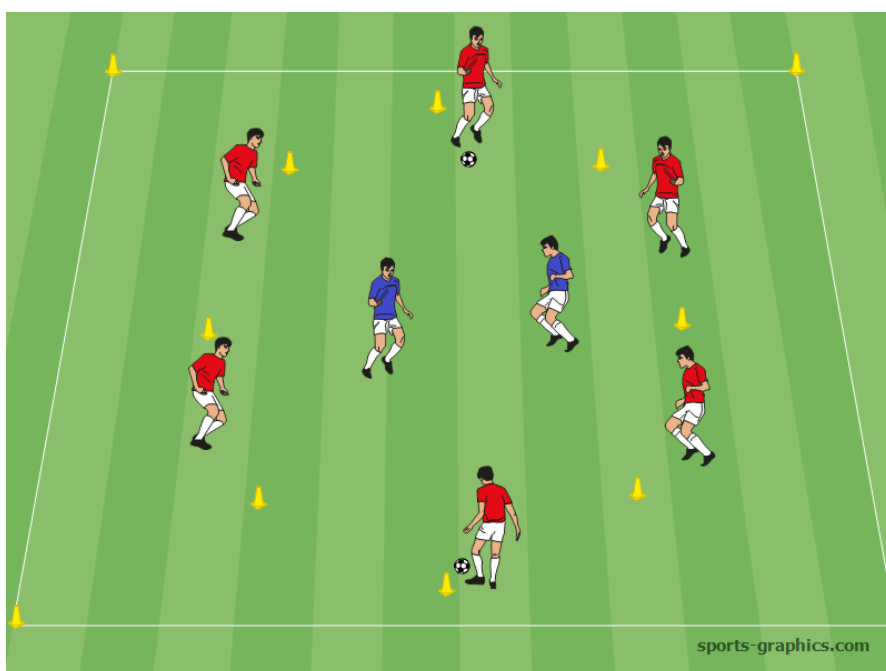
DODGE IN THE MIDDLE

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Fun Game



Set up a circle approximately 15yds in diameter or adjust to suit the number of players.

One or two players start in the centre of the circle.

Players on the outside have one or two balls.

The players on the outside throw the balls at the inside players (below waist level only). The players in the middle try to avoid being hit.

All players have an opportunity to be in the middle. Those with the least number of hits during the centre phase are the winners. This practice is ideal for a fun warm up exercise.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Increase intensity

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Warm ups should be fun and realistic/relevant to the main session when possible.

DODGE IN THE MIDDLE

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

